

# December 2025 Manchester Senior Center Newsletter

## Holiday Party

Get ready for some festive fun! Join us on **Thursday, December 18<sup>th</sup>** for our annual Senior Center Holiday Party. Enjoy delicious food, holiday music, and great company. There will be plenty of opportunities to socialize, laugh, and make new friends. DJ Ryan is back to entertain you with your favorite holiday hits! Appetizers will be served beginning at **11:30 AM**, then enjoy a delicious MACC lunch of Roast Beef, Baked Potato, Broccoli and special dessert. Cost: suggested lunch donation of **\$2.50**. You can register for this event beginning **December 1st**. Please visit the front office or call **860-647-3211** to sign up.



***This is a special event that requires its own registration. Your usual lunch reservation will not count. Lunch is for Holiday Party participants only, no take-out lunches on this day.***

## Holiday Concert

The Illing Singers will perform a Holiday Concert on **Tuesday, December 16<sup>th</sup>** at **10:30 AM**. The Illing Singers are composed of 7<sup>th</sup> and 8<sup>th</sup> Grade students and is a non-auditioned ensemble. Students meet once a week before school and sing a wide variety of music. This group is led by Karla McClain. They are very excited to be back performing at the Senior Center! To register for the concert please call the front desk at **860-647-3211**.



## Mobile Mammography Van

***Please note there is a new date for this clinic. Screenings will take place on Thursday, December 11th.***

Don't miss a critical screening! The **Mobile Mammography Van** will be at the **Community Y Parking Lot** on **Thursday, December 11th**. A mammogram is the best tool for detecting breast cancer in its earliest, most treatable stages. **Location:** Community Y, 78 North Main Street, Manchester, CT 06042. **To Schedule Your Appointment:** Please call the **Manchester Health Department** at **860-647-3173**. If you leave a voicemail, be sure to include your name and phone number for a callback to secure your spot.



## SENIOR CENTER STAFF

**Eileen Faust**

Director

**Missy Rankin**

Recreation Supervisor

**Kathy Nohmy**

Senior Administrative  
Secretary

**Amy Judd**

Clerical Assistant

**AJ Jackson**

Custodian/Bus Driver

**Rick Bosco**

**Ed Cassala**

**Reggie Ginotti**

Bus Drivers

**Maria Rios**

Bilingual Program Assistant

**Lisa Cammilleri**

**Whitney Evans**

Kitchen Technicians

**Ed Paquette**

**Kitty Dudley**

Social Workers

**Diana Martin R.N.**

Health Department Nurse

## MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

**Hours of Operation:** Monday—Friday

8:30 AM—4:30 PM

**Phone:** 860-647-3211

**FAX:** 860-647-3240

## CONTACT INFORMATION

Senior Center: **860-647-3211**

(SAFS) Senior Adult, and Family Services: **860-647-3096**

Health Department: **860-647-3173**

Missy Rankin: **860-647-3210**

Email us at:

**seniorcenter@manchesterct.gov**

## WE ARE ON FACEBOOK

“like” us and follow along for updates and information:



**<https://www.facebook.com/ManchesterCTSeniorCenter>**

## WE ARE HANDICAP ACCESSIBLE



## Senior Center Operations



**Lunch Program** – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



**Senior Center Transportation** – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.

### TOWN OF MANCHESTER Dial-A-Ride Services

**DIAL-A-RIDE** is a separate service from the Manchester **Senior Center Transportation** (see above).

Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 AM and last pick up is 4:00 PM. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 AM - 4:30 PM, on Fridays 8:00 AM— 1:30 PM.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

# ENERGY ASSISTANCE 2025/2026

To apply for assistance, please speak with Ed Paquette. Ed can be reached at the Manchester Senior Center by phone: **860-647-5255**, or email: [\*\*epaquette@manchesterct.gov\*\*](mailto:epaquette@manchesterct.gov).

## Documents needed to apply:

- Proof of income: 2025 Social Security statement, paystubs for previous 4 weeks, 1099 tax form for pensions; Bank statements are ONLY allowed for spousal/child support.
- Current utility bills or utility account numbers (CNG and/or Eversource)
- SNAP benefit letter or State of CT DSS ID (if you receive SNAP)
- Current lease if your heat is included in your rent and proof of subsidized housing if it applies to you.

## First time applicants must also provide:

- Social Security cards or numbers for all household members
- Name, address, and phone number of landlord (if you are a renter)
- Mortgage or tax statement if you are a homeowner

Once your application is submitted, you will be notified by the Community Renewal Team within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company (CNG or Eversource) and will appear as a credit on your May or June account. Oil delivery customers will receive a credit on their oil account. Energy Assistance applicants are expected to make monthly payments towards their heating bills and are encouraged to participate in CNG and Eversource payment plans.

## Income Guidelines (Family Size and Income Amount)

1	2	3	4	5	6	7
\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002

# MEDICARE OPEN ENROLLMENT

***OCTOBER 15— DECEMBER 7, 2025***

Want to make sure you have the best **Medicare Advantage** or **Prescription Drug Plan** for the upcoming year? You can meet with **Kitty Dudley** or **Ed Paquette**, Medicare specialists, for a free, one-on-one appointment. To make an appointment call the front desk at **(860) 647-3211**. We are scheduling now for appointments from **October 15— December 7**.

**Appointments can only be made for 1 individual at a time.**

**If you and a partner both need to review coverage please make**

**2**

Please be sure you **bring the following to the appointment:**

- Your ORIGINAL Medicare Card
- Current Medicare Insurance Card (Advantage or Supplement Plan and RX Card)
- Silver CT Department of Social Services Card (if you have one)
- List of ALL Current Medications with Names, Dosages (milligrams), and Frequency
- List of ALL Current Doctors
- Cell Phone for verification Text Message

**\*\*\*\*IF YOU DON'T BRING ALL OF THE ABOVE INFORMATION, YOUR APPOINTMENT WILL NEED TO BE RESCHEDULED\*\*\*\***

**separate appointments.**



# **Medicare**

## HEALTH SERVICES

### Free Health Information from the Hispanic Health Council

The Hispanic Health Council will be at the Senior Center on **Thursday, December 11th** from **10:00 AM** to **12:00 PM**. They will be providing information on general immunizations and all the vaccines recommended for adults. Stop by to learn about important health safeguards while enjoying some fun games and goodies!

### Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **9:30 AM—12:30 PM**! If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

### File of Life Medication Review

30 minutes now can save valuable time in an emergency! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Manchester Health Department can help create your own File of Life. Please call **860-647-3211** to schedule an appointment for **Thursday, December 11th**. On the day of your appointment bring all PRESCRIBED and OVER THE COUNTER medications in a bag.

### Foot Care

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. **Cost: \$45.00** (cash, check or card). Call the Manchester Health Department, **860-647-3173**, to schedule your appointment. **Upcoming Dates: December 5th & December 19th**. Please allow at least 48 hours advance notice if you must cancel. **Diabetics are excluded from the nurse nail care services (see below).**

### Podiatry Doctor Appointments

**There will not be any Podiatry appointments for December or January.** Anyone with chronic pain or a foot/ankle injury may benefit from the specialized care of a podiatrist. Dr. Vera Halbfass can assist with fungal infections, foot/ankle wounds, and the unique foot care needs of those with diabetes, and circulatory conditions. To

schedule an appointment, please call **860-647-3175**. **REGISTRATION IS REQUIRED.** Appointments will be in the First Choice Mobile Clinic Unit in the Senior Center parking lot. If you don't already see a Podiatrist take advantage of this beneficial medical service. It's time to start feeling better from the ground up!



## UPCOMING EVENTS

### Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **December 2nd at 9:00 AM**. We invite all seniors to join us at the meeting. Come share your thoughts, ask questions, and help us make our center even better for everyone!

### Make a Difference: Volunteer with AARP Tax-Aide!

Do you have strong organizational skills and a passion for helping others? AARP Tax-Aide is looking for new **Site Coordinator** volunteers for our Manchester team. This is a crucial role for the largest AARP Tax-Aide Site in Connecticut, which serves over 800 local families annually. You don't need any tax expertise for this position! Your main role will be to use your people skills and knack for planning to help our site run like a well-oiled machine. Are you ready to make a real difference in your community? Get in touch with us at [ct1@aarpfoundationtaxaide.org](mailto:ct1@aarpfoundationtaxaide.org)<sup>41</sup>

### Senior Center Cookbook



Do you have a beloved recipe you'd like to share? We're creating a **Senior Center Cookbook**, and we're inviting all members to contribute their favorite recipes! This is a fantastic opportunity to preserve your culinary legacy and share it with the entire community. To participate, please submit your recipes by **December 12**. You can submit your recipes at the front desk or email them to [mrankin@manchesterct.gov](mailto:mrankin@manchesterct.gov). Please be sure to include your name and the name of your recipe with your submission.

### Senior Center Closing Policy:

If **Manchester Public Schools are closed due to inclement weather**, all Senior Center **programs, meals, and transportation** for that day are **canceled**. However, Senior Center staff will still be available in the office during regular scheduled office hours.



If **Manchester Public Schools are on a two-hour delay**, the Senior Center will open at **10:30 AM**. Any programs, or activities scheduled to begin **before 10:30 AM are canceled**. For the most up-to-date information, please call the Senior Center to listen to our voice recording or check local news sources like **WFSB** or **NBC CT** for the exact time of opening.



## PROGRAMS

### AARP Smart Driver Course

This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for a Auto insurance discount; check with your insurance agent for details. **Monday, December 8th, 8:45 AM—12:45 PM. \$20 AARP Members and \$25 Non-Members.** Register in advance at the Senior Center. Checks only made out to **AARP**.

### Birthday Lunch

We're celebrating member birthdays on the last Wednesday of each month. Our December birthday celebration will take place on **December 31st**. Cake will be provided with lunch; be sure to register for lunch ahead of time.

### Book Group

Join the book club and connect with fellow book lovers! **Tuesday, December 16th—*The River We Remember***, by William Kent Krueger. Meetings take place in the Senior Center Library at **10:30 AM**, register in advance. If you have questions about the book club, please contact **Janis Bouley** at [Jrbwmb40@gmail.com](mailto:Jrbwmb40@gmail.com). Books are available for the book club at the Manchester Public Library in the reference room. ALL readers are WELCOME!

### Computer Room

The Computer Room is open Monday—Friday, 8:30 AM – 4:15 PM. A senior center volunteer may be in the lab Monday, Wednesday, and Friday mornings to help with computer questions.

### Music Circle

Join the music circle to sing or play acoustic instruments with fellow music lovers. Song suggestions are welcome! **Mondays from 1:00 PM—3:00 PM**. Please register in advance.

### Friendship Circle -

Join the Friendship Circle on **Wednesday** mornings from **8:30 AM to 11:30 AM** for crafting and connection. Bring your own knitting or crochet project and enjoy the company of like-minded crafters. Drop in anytime during the meeting hours – we can't wait to welcome you! Please register in advance.

### Movie

**Tuesday, December 9th @ 1:00 PM—*Last Christmas (2019)*** Kat's self-destructive ways have pushed away everyone she loves. Until a chance encounter with a perfect stranger leads her to question everything. Starring: Emilia Clarke, Henry Golding, and Emma Thompson. Rated: PG-13 Runtime: 1 H. 42 M. Please register in advance.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60+. Next meeting will be on **Wednesday, January 21st at 11:00 AM**, in the Senior Center Library. You will receive introductions to our programs, and tour the facility. Please register in advance.

### Paint Program

A local artist will guide and assist you in creating your own masterpiece. No experience necessary. Class starts at **9:00 AM**. All supplies will be provided. **Cost \$15**. The next class is on **Tuesday, December 30th**. Register beginning, December 1.





## PROGRAMS

### Pinochle

The pinochle group is looking for NEW players. This group meets every **Monday** at **12:30 PM**. If you're looking for a mental challenge and a bit of friendly competition this is your group! Our Pinochle group welcomes players of all skill levels, join today by calling 860-647-3211.

### Royal Scarlett Gadabouts

The **Royal Scarlett Gadabouts** are the Manchester chapter of the Red Hat Society. This group meets on the **first Tuesday of every month** from **1:00 PM to 4:00 PM**. The next meeting is **Tuesday, December 2nd**. If you're interested or have questions please reach out to Maelene Williams at 860-874-3421.

The Royal Scarlet Gadabouts Red Hatters of Manchester will host its **Annual Community Service Veterans Recognition Luncheon** in honor of 15 invited Veterans and their veteran family members currently serving or have served in the USA Military. The event will take place during the 1st week of December.

The Chapter will also celebrate the holidays with a **Red Attire with Purple Accessories Gala** at the Nutmeg Restaurant on December 19th. Please contact Grand Queen Maelene Williams at (860) 874-3421 for details

### Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **December class dates: 12/4 and 12/11. Cost: \$5 per class. Pre-registration is required before class** and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!! Please Join!

### Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, December 2nd** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.

### Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. Walk starts at **9:00 AM**, members meet at 8:50 AM. Join this group to walk with friends around local trails. To get the walking schedule, or if you have any questions please call Missy Rankin at 860-647-3210. Register to be updated with any changes. Must be a senior center member to participate.

### Hiking Schedule—Thursdays 1:00 PM—3:00 PM.

Join this group to hike local trails across CT with fellow members. Hikes range from 2-4 miles. Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, [jimoliphant50@gmail.com](mailto:jimoliphant50@gmail.com). Carpooling is greatly encouraged for all out-of-town locations. Must be a Senior Center member to participate.

- **December 4th—Hockanum River Trail South, Vernon**
- **January 8th—Charter Oak Park to Highland Park, Manchester**
- **January 22nd—Downtown Manchester**



## Manchester—*Silk City Travelers*

### The Metropolitan Opera

#### *La Bohème*

#### *New York City*

Come see *La Bohème* at the magnificent Metropolitan Opera House. *La Bohème*, Puccini's most popular opera, is the immortal tale of tragic young love set among the rooftops of bohemian Paris in the early 1800's. Grab a bite to eat on your own in the city before the 1:00 PM performance. The show runs 3 hours, and we have balcony seating. **Date:** Saturday, April 11, 2026 **Cost:** \$195 pp. **Includes:** Show ticket, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** February 23rd **Departs:** 7:15 AM **Return:** 7:15 PM.

***\*SEE FLYERS FOR MORE DETAILS\****

***Questions, call Missy at***

***860-647-3210***



### Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form/Liability waiver before participating.
2. Make all checks out to the Tour Company listed. Include name, address and phone number on the check.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise.
4. Sign up for new trips does not begin until date stated.
5. You can sign up any time for trips that have been previously advertised.
6. You do not have a secured spot on the trip until payment has been made.
7. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
8. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip.

## **CARD RENEWAL and MEMBERSHIP DETAILS**

Starting **Monday, January 5, 2026** members can renew their membership and new members can purchase a first time membership. All memberships will be valid until December 31, 2026.

Anybody participating in Senior Center **Winter/Spring 2026** programs needs to purchase a Senior Center Membership before your program begins. Membership renewal begins on **Monday, January 5, at 8:30 AM**. Please be prepared to renew your membership before your class begins in order to be able to participate.

### **Winter/Spring 2026 PROGRAM REGISTRATION PROCESS**

Registration for ALL Winter/Spring 2026 programs begins on **Wednesday, December 3**. Seniors may register at any location, or by calling (860) 647-3211, beginning December 3rd at **9:00AM**. Registration Locations: Manchester Senior Center, Community “Y” Recreation Center, and Center Springs Recreation Office. For information on registering for classes included in the lottery please see **Page 12** for more details.

### **— IN THE LOOP—**

1. **Manchester Matters** – Sign up today to receive weekly Town of Manchester newsletters on all things Manchester: <https://www.manchesterct.gov/Government/Departments/Customer-Service-Information-Center/Manchester-Matters-E-Newsletter> or call the Customer Service & Information Center at **860-647-5235**.
2. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier for the Holiday Season. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Or you may contact the Military Personnel and Military families through the **Connecticut National Guard Foundation at 360 Board Street, Room #101, Hartford, CT**. They accept monetary donations to benefit the Connecticut National Guard and organized militia members and their families and retirees in need. Open Monday-Friday from 8:00am-4:30pm. Contact them at **860-241-1550** or go online <https://ctngfi.org/>. Please find additional information on our website: <https://www.manchesterct.gov/Government/Departments/Human-Services/Veterans-Programs-and-Services>
3. **Foodshare**—Located at 2 Research Parkway Wallingford, CT. Dial **860-286-9999** and **#1** for food donations, **#5** if you would like to volunteer, and **#7** to make monetary donations.

## Lottery Class Registration Policy Update:

We're updating our registration policy to ensure more members get into the classes they love! To help reduce waitlist numbers, you may register for **ONE section of each exercise class** initially. On **Monday, December 22nd**, you may register for one *additional* class if there are still openings. If you have any questions, please call **Missy at 860-647-3210**.

## Lottery Class Registration Process:

Members can register for Lottery Classes from **Wednesday, December 3 — December 17**. Please register at the front desk, or call **860-647-3211**. Payment must be made at the time of registration, we accept **Cash, Check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, December 17. The class lists of acceptance will be posted in the senior center lobby on **Monday, December 22**. Please **DO NOT** call the office before **Monday, December 22** to check your **class acceptances**. Participants who did not get accepted into their lottery class will automatically be placed on a waitlist, and a credit will be applied to their account. If you missed the lottery registration period, or would like to register for additional classes, you may register for classes with openings beginning on **Monday, December 22**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.

### Body Sculpt: You may register for 1 out of 2 classes

Monday (starts 1/12)	12:30 – 1:15PM	\$5.00
Wed. (starts 1/14)	12:30 – 1:15 PM	\$5.00

### Cardio Drumming

Thursday (starts 1/15)	10:00—11:00 AM	\$5.00
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### Ceramics: You may register for 1 out of 2 classes

Monday (starts 1/12)	9:30 AM—11:30 AM	\$5.00
Friday (starts 1/16)	9:30 AM—11:30 AM	\$5.00

### Light-n-Lively: You may register for 1 out of 4 classes.

Monday (starts 1/12)	11:00—12:00 PM	\$5.00
Monday (starts 1/12)	1:20 – 2:15PM	\$5.00
Wed. (starts 1/14)	1:20 – 2:15PM	\$5.00
Friday (starts 1/16)	11:00 – 12:00PM	\$5.00

### Line Dancing: You may register for 1 out of 2 classes.

Tues. Beginner (starts 1/13)	10:00 – 11:00 AM	\$5.00
Tues. Advanced (starts 1/13)	11:00 – 12:00PM	\$5.00

### Steady as we Go

Tue./Thur. (starts 1/13)	11:00—12:00 PM	\$5.00
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### Strength and Flex: You may register for 1 out of 4 classes.

Monday (starts 1/12)	10:00 – 11:00AM	\$5.00
Wed. (starts 1/14)	10:00 – 11:00AM	\$5.00
Wed. (starts 1/14)	11:00 – 12:00PM	\$5.00
Friday (starts 1/16)	10:00 – 11:00AM	\$5.00

### Yoga Plus: You may register for 1 out 4 classes.

Monday (starts 1/12)	2:20 – 3:15PM	\$5.00
Monday (starts 1/12)	3:20 – 4:15PM	\$5.00
Wed. (starts 1/14)	2:20 – 3:15PM	\$5.00
Wed. (starts 1/14)	3:20 – 4:15PM	\$5.00

### Zumba Gold

Thursday (starts 1/15)	2:30 – 3:30PM	\$5.00
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**\*Please note that all class dates are**

**subject to change due to instructor availability.\***



# Manchester Senior Center Lunch Menu—December 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 12/1 – 12/5	Egg Salad Sandwich Fruit Dessert <i>*Gluten, Dairy, Egg*</i>	BBQ Chicken Sweet Potato Slaw <i>*Dairy, Egg*</i>	Barramundi Tomatoes & White Beans Bread <i>*Gluten, Seafood*</i>	Turkey Chili with Rice	Manicotti Dinner Roll Garden Salad <i>*Gluten, Dairy*</i>
<b>Week 2</b> 12/8 – 12/12	Meat Lasagna Green Beans Garlic Bread <i>*Gluten, Dairy*</i>	Greek Turkey Burger Seasoned Potatoes Fruit <i>*Gluten, Dairy*</i>	Egg Bake Croissant Fruit <i>*Gluten, Dairy, Egg*</i>	Cranberry Onion Pork Loin Stuffing Mixed Vegetables <i>*Gluten*</i>	Chicken Broccoli Alfredo Breadstick <i>*Gluten, Dairy*</i>
<b>Week 3</b> 12/15 – 12/19	Kielbasa & Zucchini Pasta Garlic Bread <i>*Gluten*</i>	Seasoned Beef Tamale Pie Cornbread, Cheese Dessert <i>*Gluten, Dairy*</i>	Chicken Salad Sandwich Chips Fruit <i>*Gluten, Dairy*</i>	<b>Holiday Party!</b> Roast Beef Baked Potato Broccoli Dessert <u>Call to register,</u> <u>No Takeouts</u>	Ravioli Vegetable Soup Bread <i>*Gluten, Dairy*</i>
<b>Week 4</b> 12/22 – 12/26	Pork Chops Brussel Sprouts Mashed Sweet Potatoes	Five Spice Chicken Thighs Rice Carrots	Cheese Tortellini in Lobster Cream Sauce Garden Salad <i>*Gluten, Dairy, Seafood*</i>	<b>Closed</b> <b>Happy Holidays</b>	<b>Closed</b> <b>Happy Holidays</b>
<b>Week 5</b> 12/29 – 1/2	Ziti With Meatballs Garlic Bread <i>*Gluten, Dairy*</i>	Chicken Tenders Mashed Potatoes Gravy Corn <i>*Gluten, Dairy*</i>	Cheeseburger Lettuce Tomato Onion Potato Salad <i>*Gluten, Dairy*</i>	<b>Closed</b> <b>Happy New Year!</b>	Balsamic Chicken Rice Pilaf Tomato & Cucumber Salad <i>*Dairy*</i>

Please call **860-647-3211** to make a lunch reservation.  
Menu is subject to change based on availability of product.

Monday			Tuesday			Wednesday			Thursday			Friday		
9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group Ceramics Board Game Strength & Flex Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	01	9:00 am 10:00 am 10:00 am 10:30 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:30 pm 2:30 pm	Senior Advisory Chess Club Beginner Line Dancing Therapy Dogs Advanced Line Dancing Lunch Mahjong Red Hat Meeting Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	02	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex Lunch Body Sculpt Social Bridge Mexican Train Dominoes Light & Lively Yoga	03	9:00 am 9:00 am 9:30 am 10:00 am 12:00 pm 12:30 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 2:30 pm	Exploring Memoir Samba Scrabble Cardio Drumming Lunch Duplicate Bridge Square Dancing Hand & Foot Quilting Hiking Zumba Gold	04	9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm	Walking Group Ceramics Bingo Strength & Flex Light & Lively Lunch Setback Advanced Tai Chi Cribbage Beginner Tai Chi Foot Care — By Appointment	05
8:45 AM 9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	AARP Safe Driver Course Walking Group Ceramics Board Game Strength & Flex Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	08	10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:30 pm 2:30 pm	Chess Club Beginner Line Dancing Advanced Line Dancing Lunch Mahjong Movie: LAST CHRISTMAS Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	09	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex Lunch Body Sculpt Social Bridge Mexican Train Dominoes Light & Lively Yoga	10	9:00 am 9:00 am 9:30 am 10:00 am 10:00 am 12:00 pm 12:30 pm 1:00 pm 2:30 pm	Exploring Memoir Samba Scrabble Cardio Drumming Free Health Information Lunch Square Dancing/Duplicate Bridge Hand & Foot/Quilting Zumba Gold File of Life—By Appointment	11	9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm	Walking Group Ceramics Bingo Strength & Flex Light & Lively Lunch Setback Advanced Tai Chi Cribbage Beginner Tai Ch	12
9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group Ceramics Board Game Strength & Flex Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	15	10:00am 10:00 am 10:30 am 10:30 am 11:00 am 1200 pm 12:30 pm 1:00 pm 1:30 pm 2:30 pm	Chess Club Beginner Line Dancing Holiday Concert Book Group Advanced Line Dancing Lunch Mahjong Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	16	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex Lunch Body Sculpt Social Bridge Mexican Train Dominoes Light & Lively Yoga	17	9:00 am 9:30 am 11:30 am 1:00 pm 1:00 pm	Samba Scrabble Holiday Party Hand & Foot Quilting	18	9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm	Walking Group Ceramics Bingo Strength & Flex Light & Lively Lunch Setback Advanced Tai Chi Cribbage Beginner Tai Chi Foot Care — By Appointment	19
9:00 am 10:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm	Walking Group Board Game Lunch Pinochle Samba Music Circle	22	10:00 am 12:00 pm 12:30 pm 1:00 pm	Chess Club Lunch Mahjong Watercolor & Oil	23	8:30 am 9:00 am 9:30 am 12:00 pm 12:30 pm 12:45 pm	Friendship Circle Walking Group Blood Pressure Drop-in Lunch Social Bridge Mexican Train Dominoes	24	Senior Center Closed HAPPY HOLIDAYS			Senior Center Closed HAPPY HOLIDAYS		
9:00 am 10:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm	Walking Group Board Game Lunch Pinochle Samba Music Circle	29	9:00 am 10:00 am 12:00 pm 12:30 pm 1:00 pm	Paint Class Chess Club Lunch Mahjong Watercolor & Oil	30	8:30 am 9:00 am 9:30 am 12:00 pm 12:30 pm 12:45 pm	Friendship Circle Walking Group Blood Pressure Drop-in Birthday Lunch Social Bridge Mexican Train Dominoes	31	DECEMBER 2025  Happy New Year!!			Available Daily 8:30am—4:15pm  Billiards Double 6 Dominoes Computer Room		